

Sedbergh CDC - COURSE INFORMATION

CUMBRIA ADULT EDUCATION SERVICE



Course Code/Title:	KEN8087 / Yoga, Natland
Course Tutor:	Tracy Fogg
Venue:	Hall, Natland Village Hall, Natland
Start Date:	Thursday, 23 Apr 2009
End Date:	Thursday, 09 Jul 2009
Sessions:	10
Times:	19:00 - 20:30
Costs:	Full Fee: £42, Over 60: £34, Benefit & 16-18: £11

Brochure Description

Continuing from last term. New members welcome. A Yoga course for people of all levels of experience, designed to help you with the basics and to improve your postures, balance and breath control.

Tutor Profile

My name is Tracy Fogg and I have lived in Kendal for about twenty years, where I teach other classes. I have studied yoga for many years and in the past few have been working with the British Wheel of Yoga to complete their diploma in teaching.

What will I learn during the course?

People practice yoga for many reasons, which range from the physical, eg improved flexibility, stamina, balance, co-ordination etc., to the emotional eg. relaxation and a sense of calm. During this course we will work on all these areas and hopefully you will benefit from

- An improvement in flexibility as result of learning a variety of posture work
- An increased level of stamina and core strength gained from the posture work
- An awareness of breath control and its role in relaxation
- An improved ability to relax

Are there specific requirements for joining?

No, beginners as well as the more experienced are welcome. A reasonable level of fitness is required and anyone who is unsure should consult with their doctor first.

How will I learn?

Mostly through practice. There will be demonstration and the occasional discussion.

How will my progress be recorded?

There will be on going evaluation and informal discussion, and towards the end of the course an opportunity for review.

Will there be homework? If so how much/how many hours?

There will be no homework although you may wish to practice at home.

Will there be additional costs?

No

Do I need specific equipment or clothes?

You will need to wear loose and flexible clothing that allows a full range of movement. Also a mat for working on and most people like to have a blanket for keeping warm during relaxation. You may also wish to buy a block and belt but these will not be needed immediately.

Parking & Venue Information

The Village Hall is just off the village green, on the left near the Post Office. There is parking outside the Hall. If this is in use, please park around (but not on) the green.

Car sharing:

Many of our classes run at about the same time of day, often in the same building. If you would like to share transport with another of our students, we suggest that you try registering your journey on www.liftshare.org.uk . This easy to use, free service aims to help make use of the many empty car seats on UK roads.

Sedbergh Community Development Centre

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Courses in and around Sedbergh, Kendal and Kirkby Lonsdale